

Full Report (All Nutrients) 45107396, ZATARAIN'S, BOURBON CHICKEN PASTA, UPC: 071429011991

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Zatarain's Inc.

| Nutrient                       | Unit | Data points | Std. Error | 297.0 g<br>297g | 1<br>Value<br>Per100 g |
|--------------------------------|------|-------------|------------|-----------------|------------------------|
| Proximates                     |      |             |            |                 |                        |
| Energy                         | kcal | --          | --         | 460             | 155                    |
| Protein                        | g    | --          | --         | 19.99           | 6.73                   |
| Total lipid (fat)              | g    | --          | --         | 18.00           | 6.06                   |
| Carbohydrate, by difference    | g    | --          | --         | 52.00           | 17.51                  |
| Fiber, total dietary           | g    | --          | --         | 2.1             | 0.7                    |
| Sugars, total                  | g    | --          | --         | 10.99           | 3.70                   |
| Minerals                       |      |             |            |                 |                        |
| Calcium, Ca                    | mg   | --          | --         | 199             | 67                     |
| Iron, Fe                       | mg   | --          | --         | 2.70            | 0.91                   |
| Sodium, Na                     | mg   | --          | --         | 930             | 313                    |
| Vitamins                       |      |             |            |                 |                        |
| Vitamin C, total ascorbic acid | mg   | --          | --         | 1.2             | 0.4                    |
| Vitamin A, IU                  | IU   | --          | --         | 751             | 253                    |
| Lipids                         |      |             |            |                 |                        |
| Fatty acids, total saturated   | g    | --          | --         | 7.989           | 2.690                  |
| Fatty acids, total trans       | g    | --          | --         | 1.515           | 0.510                  |
| Cholesterol                    | mg   | --          | --         | 45              | 15                     |

Amino Acids

Other

Ingredients

COOKED ENRICHED PASTA (WATER, ENRICHED SEMOLINA [DURUM WHEAT SEMOLINA, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, ROASTED SEASONED CHICKEN TENDERS (CHICKEN BREAST WITH RIB MEAT, CHICKEN BROTH, CORN SYRUP, CORN OIL, MODIFIED CORN STARCH, SALT, SOY PROTEIN ISOLATE, SODIUM PHOSPHATE, NATURAL FLAVORINGS, PAPRIKA), HALF AND HALF (MILK, CREAM), CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, STABILIZERS [CAROB BEAN AND/OR XANTHAN AND/OR GUAR GUMS]), MARGARINE (LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, VEGETABLE MONO AND DIGLYCERIDES, SOY LECITHIN, NATURAL AND ARTIFICIAL

FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED), BOURBON (WITH SALT), SWEET DAIRY WHEY, HEAVY CREAM SAUCE (SHORTENING POWDER [PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE AND MONO AND DIGLYCERIDES], CORN MALTODEXTRIN, MODIFIED CORN STARCH, DEHYDRATED SWEET CREAM [PASTEURIZED SWEET CREAM, SKIM MILK SOLIDS, SODIUM CASEINATE, SOY LECITHIN, BHT], SALT, SUGAR, GARLIC POWDER, LEMON JUICE POWDER [CORN SYRUP SOLIDS, LEMON JUICE, LEMON OIL, BHT], NATURAL BUTTER FLAVOR, DISODIUM INOSINATE AND DISODIUM GUANYLATE), CHEESE FLAVOR (ROMANO CHEESE [PART SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, PARTIALLY HYDROGENATED SOYBEAN OIL, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, SALT), NONFAT DRY MILK, DRY BUTTERMILK, MODIFIED CORN STARCH, CHEESE FLAVOR (PARMESAN CHEESE [PART-SKIM MILK, CHEESE CULTURE, SALT, ENZYMES], WHEY, BUTTERMILK SOLIDS, SODIUM PHOSPHATE, SALT), GREEN ONIONS, CORN MALTODEXTRIN, CANOLA OIL, SEA SALT, YEAST EXTRACT, SPICES (INCLUDING PAPRIKA), PARSLEY FLAKES, GRANULATED GARLIC, DEXTROSE, XANTHAN GUM, CHILI POWDER (CHILI PEPPERS, SPICES, SALT, GARLIC POWDER), SUGAR, GRANULATED ONION. *Date Last Updated by Company: 05/16/2016*